



You
can
do it!



Potty Training Visual Pack

Simple supports for learning bathroom routines

Brighter
days
ahead!



Wash
hands,
healthy
hands!



Small steps, big progress!

Name: _____

Start Date: _____



Potty Routine



Step-by-step bathroom routine

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You can do it!
♥



1
Go to the bathroom



2
Pants down



3
Sit on potty/toilet



4
Try to pee



5
Try to poop



6
Wipe



7
Flush



8
Pants up



9
Wash hands



10
All done!

You are proud of yourself!
♥

One step at a time!

Practice makes progress!

Small steps lead to big things!
♥



First-Then Potty Board

You
can
do it!

Helpful motivation for bathroom routines

First



Then



First



Then



First



Then



First



Then



First



Then



First



Then



First



Then



First



Then



First potty, then something fun!

You can do it!

Potty Reward Chart

Celebrate every success

Stars for brave tries!

PROUD OF YOU!

YOU'RE AMAZING!

Mon

Tue

Wed

Thu

Fri

Sat

Sun



Sat on potty

☐
☐
☐
☐
☐
☐
☐
☐


Tried

☐
☐
☐
☐
☐
☐
☐
☐


Pee in potty

☐
☐
☐
☐
☐
☐
☐
☐


Poop in potty

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☐
☐
☐
☐
☐
☐
☐


Stayed dry

☐
☐
☐
☐
☐
☐
☐
☐


Washed hands

☐
☐
☐
☐
☐
☐
☐
☐

Small wins matter!

Reward ideas:

1. _____
2. _____
3. _____
4. _____

Potty Schedule

When to try during the day

You
can
do it!

Little
steps
every
day

Wake up


☐ _____

After
breakfast


☐ _____

Mid-morning


☐ _____

Before
lunch


☐ _____

After
lunch


☐ _____

Afternoon


☐ _____

Before
bath


☐ _____

Before
bed


☐ _____

Our potty reminder time



1 _____

3 _____

2 _____

4 _____

You
are doing
great!

Routine helps learning.

Brighter
days
ahead!



Small
talks
make
big steps!
♥

Bathroom Communication Cards

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You
got
this!
♥

Words and pictures for potty time



Potty



Toilet



Pee



Poop



Wipe



Flush



Wash hands



Help



All done



I need potty



Pants down



Pants up

Point, say, or show what you need.

You
can do it!
♥



Dry or Wet?

Learning body awareness

Noticing helps me grow!

My body tells me!

Dry



Dry underwear feels clean and comfortable!

Wet



Wet underwear feels damp and uncomfortable!

It's okay to notice!

My Daily Check

Small checks make a big difference! ♥



I am learning every day!

Time	Dry	Wet	Potty try	Notes
1	☐	☐	☐	
2	☐	☐	☐	
3	☐	☐	☐	
4	☐	☐	☐	
5	☐	☐	☐	
6	☐	☐	☐	
7	☐	☐	☐	
8	☐	☐	☐	

Checking helps us learn.

PRACTICE

PROGRESS

CONFIDENCE

Accident Response

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It's OK!
♥

You can do this!
♥

♥ Stay calm and try again ♥

1

Oops, accident.



It happens!

2

Stay calm.



Take a deep breath.
You are safe.

3

Go to bathroom.



Let's get to the toilet.

4

Change clothes.



Put on clean, dry clothes.

5

Clean up.



Wipe and tidy up.
You can help!

6

Wash hands.



Clean hands,
healthy hands!

7

Try again later.



Next time
you might get it!

8

You are still learning.



You are doing
great!



Extra clothes checklist:

☐	_____
☐	_____
☐	_____
☐	_____

Accidents are part of learning.



Sensory-Friendly Bathroom Tips

A calmer bathroom happier you!

You got this!

Making potty time feel safe



Foot stool

Helps feet feel steady and secure.



Smaller potty seat

Can feel less big and scary.



Headphones for flushing

Can make loud noises feel quieter.



Soft lighting

A calmer space can help your child feel safe.



Favorite toy or book

A familiar item can bring comfort.



Visual timer

Helps show how long to wait in a simple way.



Toilet paper choice

Let your child choose a texture that feels good.



Praise and calm voice

Kind words and a calm voice help them feel safe and supported.

What helps my child?

Comfort can build confidence.

SMALL STEPS

BRIGHTER DAYS

BRAVER KIDS

Potty Progress Tracker

Small steps,
big progress!

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Daily notes and progress

Date 	Time 	Sat 	Tried 	Pee 	Poop 	Accident 	Dry 	Notes 
// /	:							
// /	:							
// /	:							
// /	:							
// /	:							
// /	:							
// /	:							
// /	:							
// /	:							

 What worked today? 

- _____
- _____
- _____
- _____

 Big progress this week 

- _____
- _____
- _____
- _____

Every step counts.